

News

Macomb County
Office of Public Affairs



FOR IMMEDIATE RELEASE
June 2, 2006

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Fun and Fitness day to promote healthy habits

MOUNT CLEMENS, Mich. – The Macomb County Healthy Kids Healthy Futures Coalition is sponsoring a “Fun and Fitness Day” from 9 a.m. to 1 p.m. Saturday, June 17, at the Glacier Club in Washington Township.

Families are encouraged to walk a one, two or three-mile walk on the Macomb Orchard Trail and visit healthy information displays that will highlight healthy ideas for nutritional meals and snacks, and options for physical fitness.

Dr. Edward Suchyta from the Henry Ford Medical Center Lakeside office also will be present to answer health-related questions and the Girl Scouts of Macomb County—Otsikita Council will provide face painting for children.

Also offered at the event will be free snacks and beverages, a raffle for a children’s bicycle, and free pedometers for every adult who walks the trail.

Healthy Kids Healthy Futures Coalition is a community-based coalition led by the Macomb County Health Department that promotes healthy nutrition and physical activity behaviors among Macomb County children.

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Goals of the organization include reducing childhood obesity and other chronic diseases such as Type II diabetes, high blood pressure and cardiovascular disease.

For more information call 586-412-3399.

About the Macomb County Health Department

Serving Macomb County residents for more than 50 years, the Health Department and its many programs are provided as a public service by the Macomb County Board of Commissioners. The Health Department also receives funding from the state of Michigan and the federal government.

About Macomb County

Macomb County is an enriching community in Southeastern Michigan that has one of the state's fastest rates of growth. Its 834,000 residents make it Michigan's third-largest county, with direct access to Lake St. Clair and Anchor Bay, and a host of cultural and entertainment options. Its highly skilled workforce and investment in new and expanding businesses make it open to enterprise. Active civic leadership translates into balanced budgets and Michigan's second-lowest tax rate. An increasingly diverse population and high quality of life make Macomb County accessible to all.

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